



Florida Department of Transportation
SAFETY ADVISOR
October 2010



October

October marks National Breast Cancer Awareness Month, a great opportunity to learn more about breast cancer and steps you can take to prevent this disease.

Second to skin cancer, breast cancer is the most common form of cancer in women. It is the main cause of cancer death in Hispanic women, and is the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women.

The Centers for Disease Control (CDC) reported that in 2006 (the most recent year numbers are available), 191,410 women were diagnosed with the disease and 40,820 women died from it.

Some risk factors for breast cancer include being female, age (higher risk for women age 60 and older), personal history of breast cancer, family history of breast cancer and the breast cancer genes—an “alteration” in one of two genes that are important for regulation breast cell growth.



Fortunately, there are lifestyle choices you can make to live a healthier life and to help reduce your breast cancer risk. They include:

- Decreasing your daily fat intake, especially saturated or hydrogenated fats. Eat leaner meats and limit red meat.
- Increasing fiber in your diet.
- Eating fresh fruits and vegetables.
- Limiting alcohol.
- Staying active. The U.S. Surgeon General suggests engaging in a moderate amount of physical activity (such as taking a brisk, 30-minute walk) on most days of the week.
- Avoiding smoking.

It is important for women to practice good breast health and it is suggested that women obtain regular mammography screening starting at the age of 40, or earlier, obtain annual clinical breast exams, perform monthly breast self-exams, and obtain a risk assessment from a physician.

<http://www.breastcancer.org/>

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Sharing a Safety Culture

By Shaun Stewart
District 2 Safety Manager

“There is no delight in owning anything unshared.” –
Lucius Annaeus Asenca (4 BC-65AD)

The one constant in the field of safety is the sharing of ideas. Although most people don't realize it, we live in a society based upon a safety culture. Much of what we know and do is from past experience as well as direction from others.

I am reminded of a story involving five apes. All five are in a cage together. In the center of the cage is a step ladder. Directly above the step ladder is a banana hanging from a string which is just out of reach. The apes all decide to be first to climb the ladder and retrieve the banana. Suddenly, they are doused with a forceful stream of cold water, which hampers their attempt to get to the fruit. Most cower away from the ladder to prevent getting soaked, but there is always that one who has to try again and as before here comes the water. The other apes realize that unless you leave the banana alone, the water will continue so they attack the stubborn ape in an attempt to convince him of the error of his ways. Eventually none of the apes have a desire for the banana.

After a while, one of the original apes is removed and a new ape is introduced to the cage. As soon as the new ape is within the cage he spots the banana and heads for the ladder only to be attacked by the four original apes who had received the water treatment. Over a period of time each one of the original apes is replaced by a new ape and the process of attacking the new ape occurs in an effort of preventing that ape from getting to the banana.

Eventually all the original apes have been replaced and no matter what happens, none of the apes are attempting to climb the ladder and chance getting pummeled by the others. Furthermore, none of the new apes know why the attacks occur other than “this is the way we have always done it”. A culture is created

Now, I'm not comparing humans to apes but, when you think about it much of what we know is from past experience. Sound familiar? Most learn at an early age what is acceptable (as we know it) based upon what we experience or what we are told. Unfortunately, we are sometimes misdirected and are not even aware of it.

Those of you who have worked for the Department for many years, may think back to earlier days and how we accomplished the task at hand. I can recall back in '82 as a new employee, being tasked to enter into a storm drain system with another employee for the purpose of inspecting the pipe for leaks. It was a matter of “popping” the manhole cover, placing a ladder inside and climbing down approximately 10 feet. The pipe was 60 inches in diameter and partially filled with water. This pipe discharged into a tide influenced river. Therefore, the deeper we went into the pipe, the deeper the water. As we proceeded, my co-worker decided it was time for a cigarette. Fortunately nothing happened or I would not be here today to share this with you. But, the fact is this was an acceptable culture at the time simply because no one knew any different.

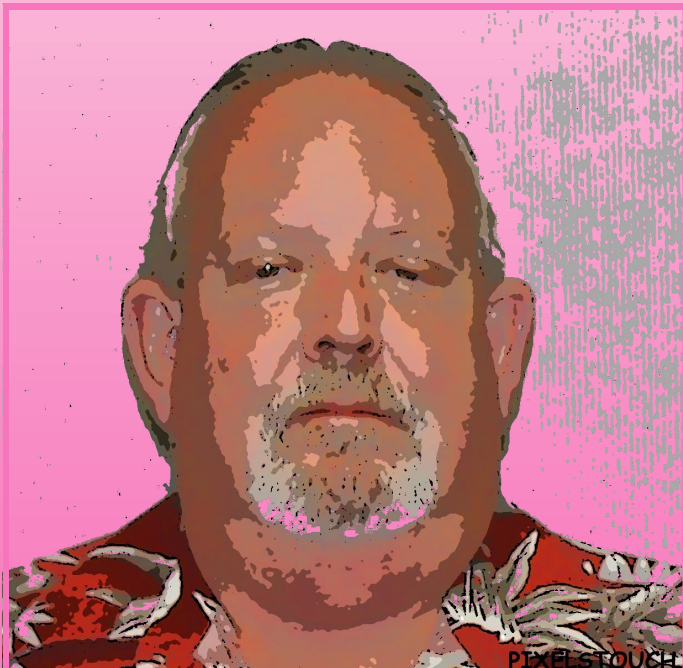
Now we fast-forward 28 years. Hopefully we have moved on and learned that this is not an acceptable practice. Those who are in the field of safety know that safety standards have been developed which set minimum requirements for such activities. What is unfortunate is that many proposed safety standards take numerous years to come to fruition.

A good example is the subject I speak of, permit required confined space entry. It took the National Institute of Occupational Safety and Health (NIOSH) and the Occupational Safety and Health Administration (OSHA) 18 years to develop the standard and for it to become a “final rule”. In the meantime, what was still occurring? Workers continued to enter into these spaces with unsafe practices and some were not as lucky to survive.

So, what does this have to do with “sharing a culture”? During my years in this occupation, I have learned from others who were willing to share their knowledge. Likewise, I have shared with those I have had the good fortune of not only working with, but; have had the occasion to meet. Safety meetings and safety training may sometimes seem like a waste of time but, the fact is there may be a message waiting for you. It is up to each of us to take note and learn from this experience as well as share that culture.

The alternative would be reaching for the banana... until next time, stay safe.

Shaun Stewart, District 2 Safety Manager



October is Fire Prevention Month



October is Fire Prevention Month with the biggest campaign happening on October 3-9, 2010, Fire Prevention Week.

President Woodrow Wilson issues the first National Fire Prevention Day in 1920. Fire Prevention Week has been observed during the week that October 9th falls on as a reminder of the Great Chicago Fire that happened on October 8th and 9th of 1871. Although it is not the biggest fire, it is one of the best known fires. The fire left 100,000 homeless, destroyed more than 17,400 structures, killed more than 250 people, and burned more than 2,000 acres. Every President of the United States since 1925 has signed a proclamation stating that during this week National Fire Prevention shall be observed.

EXIT ROUTES

How would you escape from your workplace in an emergency? Do you know where all the exits are in case your first choice is too crowded? Are you sure the doors will be unlocked, and that the exit access, such as a hallway, will not be blocked during a fire, explosion, or other crisis? Knowing the answers to these questions could keep you safe

What is an exit route?

An exit route is a continuous and unobstructed path of exit travel from any point within a workplace to a place of safety. An exit route consists of three parts:

- Exit access – portion of an exit route that leads to an exit.
- Exit – portion of an exit route that is generally separated from other areas to provide a protected way of travel to the exit discharge.
- Exit discharge – part of the exit route that leads directly outside or to a street, walkway, refuge area, public way, or open space with access to the outside.

How many exit routes must a workplace have?

Normally, a workplace must have at least two exit routes to permit prompt evacuation of employees and other building occupants during an emergency. More than two exits are required, however, if the number of employees, size of the building, or arrangement of the workplace will not allow employees to evacuate safely. Exit routes must be located as far away as practical from each other in case one is blocked by fire or smoke.

Exception: If the number of employees, the size of the building, its occupancy, or the arrangement of the workplace allows all employees to evacuate safely during an emergency, one exit route is permitted.

What are some other design and construction requirements for exit routes ?

- Exit routes must be permanent parts of the workplace.
- Ceilings of exit routes must be at least 7 feet, 6 inches high.

- Exit discharges must lead directly outside or to a street, walkway, refuge area, public way, or open space with access to the outside. These exit discharge areas must be large enough to accommodate the building occupants likely to use the exit route.

- Exit stairs that continue beyond the level on which the exit discharge is located must be interrupted at that level by doors, partitions, or other effective means that clearly indicate the direction of travel leading to the exit discharge.

- Exit route doors must be unlocked from the inside. They must be free of devices or alarms that could restrict use of the exit route if the device or alarm fails.

- Exit routes must support the maximum permitted occupant load for each floor served, and the capacity of an exit route may not decrease in the direction of exit route travel to the exit discharge.

- An exit access must be at least 28 inches wide at all points. Where there is only one exit access leading to an exit or exit discharge, the width of the exit and exit discharge must be at least equal to the width of the exit access. Objects that project into the exit must not reduce its width.

- Outdoor exit routes are permitted but must meet the minimum height and width requirement for indoor exit routes and must have guardrails to protect unenclosed sides if a fall hazard exists;

- be covered if water is likely to accumulate, unless the employer can demonstrate accumulations will be removed before a slipping hazard exists;

- be reasonably straight and have smooth, solid, substantially level walkways; and

- not have a dead-end longer than 20 feet

<http://www.osha.gov>

Halloween Safety: Safety Alert

A few safety tips can protect children who plan to go trick-or-treating this Halloween.

Treats: Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

Flame Resistant Costumes: When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

Costume Designs: Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.
- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.
- Hats and scarves should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives, and similar costume accessories should be of soft and flexible material.

Pedestrian Safety: Young children should always be accompanied by an adult or an older, responsible child. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street.

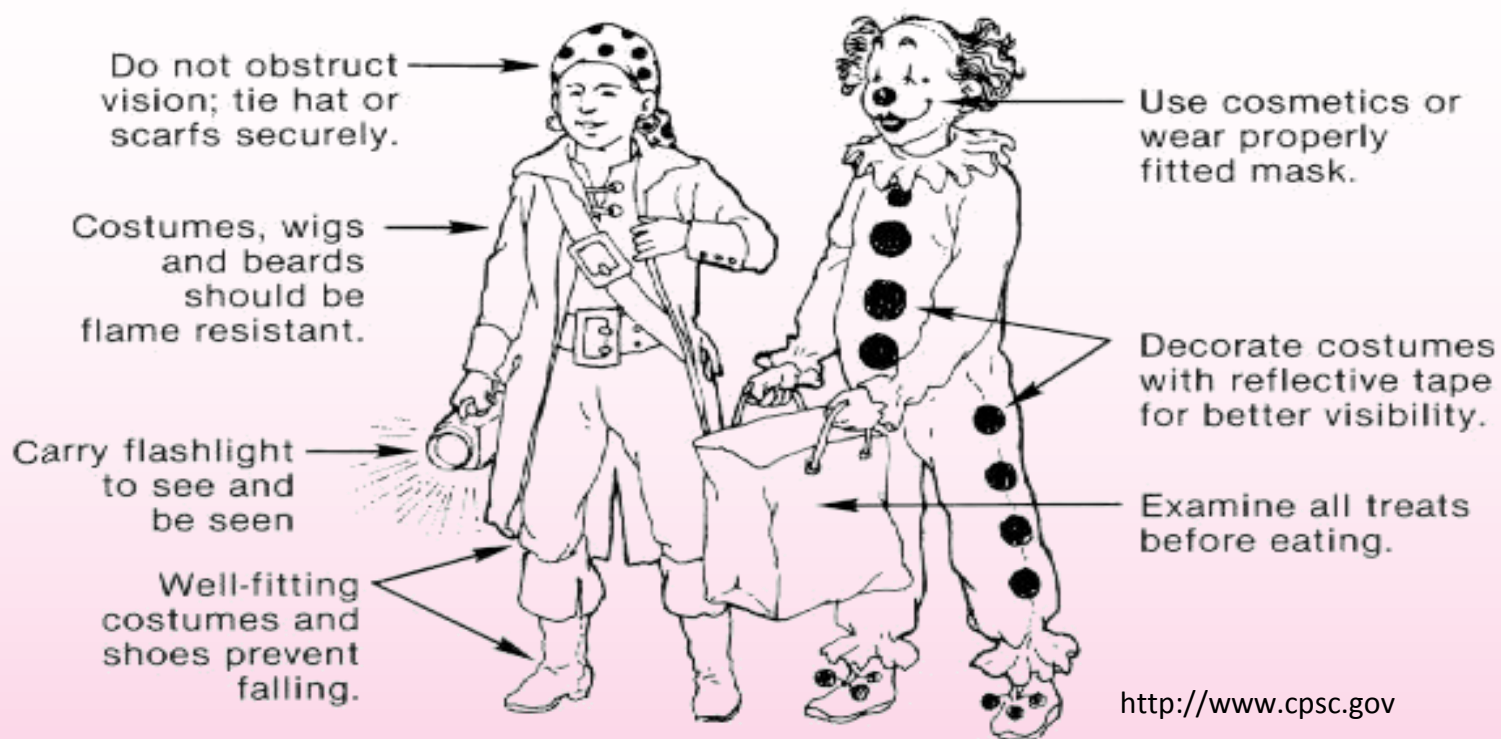
Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

Choosing Safe Houses: Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

- Children should not enter homes or apartments unless they are accompanied by an adult.
- People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps, and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.

<http://www.cpsc.gov>

Halloween Safety Cont'd.



Word Search Puzzle

B W S B L H S H T A P A T V W Y C L C N
 R U D A D T V R Q T B E U H O W O O S A
 R E T R O R E F L E C T I V E O N T A I
 Y K E P A Y I E L D W S M F H S E C F R
 S P L G Z Z Y T X R T Z P C P M R S E T
 E C E A N V A S O L Y W S I L O K P T S
 T X R D W I L H E I Y O C E S L E O Y E
 R K S O A K R A L T T U H S A C N K V D
 U I C F S L I E I S O I W W E M C E E E
 O K V O V S F L E U H A E G S H O D S P
 C D Q S L C I T S N L D X F T U U O T R
 P A C V T B U N E K I F U A Z X R N S R
 Y R R D I O D O G S G G A A H E A T T G
 V S M S R P P I C G J N N T Z T G W H M
 Q F I E T Q E P M F U E H E P N E A G N
 T V F A I F E V A L U A T I O N M L I Q
 W A M T E C Q K K D E L R Z P S E K L N
 S N O I T A C U D E D A F D L A N G I S
 B I K E L A N E C Z X L S K Y Q T Y R P
 P P H A P B U B T N E M E C R O F N E F

BIKE LANE
 CONSPICUOUS
 COURTESY
 CROSSING GUARD
 CROSSWALK
 DON'T WALK
 EDUCATION
 ENCOURAGEMENT
 ENFORCEMENT
 ENGINEERING

EVALUATION
 HAZARD
 HELMET
 LIGHTS
 MIDBLOCK
 PATH
 PEDAL
 PEDESTRIAN
 RETROREFLECTIVE
 SAFE ROUTES TO SCHOOL

SAFETY VEST
 SIDEWALK
 SIGNAL
 SPOKE
 STOP
 STOP PADDLE
 VISIBILITY
 WALK
 WHISTLE
 YIELD

The Safety Advisor puzzle is generated from the
<http://school.discoveryeducation.com/>, puzzle maker.

Omissions or errors are possible and are the sole responsibility of the program
 and not the producers of this Newsletter.

SAFETY SLOGANS

**“Look around and inspect your space, hazards may be
hiding without a trace ”**

**Linda Kissner
Palm Beach Operations**

“Speed thrills but Kills!”

**Naveen Kanuganti
Turnpike Sunpass Service Center**

***Safety Hot Line
(850) 245-1543***

**You can report hazards by telephone.
You can remain anonymous.
Everything is confidential.**

**Action will be taken and you will
be notified within 30 days.**



This monthly newsletter is produced by the State Safety Office by Mark Eacker under the supervision of Marianne A. Trussell, the Department's Chief Safety Officer.

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850-245-1510 / mark.eacker@dot.state.fl.us

Our internet address is: www.dot.state.fl.us/safety

Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/

Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs, please take a moment to fill out this brief questionnaire. Send to:

Local Fax: 850 245-1554

Via US Postal Service (or inter-office mail) to the address shown below.

**Attention: Industrial Safety
Florida Department of Transportation
605 Suwannee Street, MS 53
Tallahassee, Florida 32399-0450**

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it ?		

What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)

Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.

Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans at any time.

Slogans are judged on originality .

**You may also email your slogans to mark.eacker@dot.state.fl.us
In the subject line of your email please write "Safety Slogan Entry".**

Please Print
Safety Slogan

Name: _____ Location/Office: _____
District: _____ Phone: () _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 Walt Disney World Opens 1971	2
3	4 Dick Tracy Debuts 1931	5 Larry Fine Birthday 1902	6	7	8 PAY DAY	9 John Lennon Birthday 1940
10	11 Columbus Day	12	13 Leon Leonard Bean Birthday 1872	14	15 White Cane Safety Day	16 Noah Webster Birthday 1758
17 Gaudy Day	18	19 Evaluate Your Life Day	20	21 Babbling Day	22 PAY DAY	23 Samuel Morey Birthday 1762
24 Halloween 31	25	26 Erie Canal Opens 1825	27	28	29 Hermit Day	30



THE MONTH OF OCTOBER IS
National Breast Cancer Awareness Month
National Fire Prevention Month
National Cybersecurity Awareness Month
National Pizza Month
National Crime Prevention Month

